

THE POINT

Volume XIII, No. 7**<http://cpoint-www.med.navy.mil>****July, 2007**

CO's Corner

July brings with it beautiful weather, opportunities for family outings, and various other outdoor events. It also reminds us that our countdown to transformation into a Naval Health Clinic is less than 100 days. This issue of The Point highlights these details.

The first article focuses on the upcoming changes which will take place in our Emergency Department. The second is an article reminding us of the dangers of skin cancer. Please remember to be safe and have a great time here in beautiful Eastern Carolina.

CAPT E. V. Valentin, MSC, USN

Emergency Room Transition

The Emergency Room at our Naval Hospital will transition to an Urgent Care Clinic (UCC) by October 1, 2007. The UCC will be open from 0700 - 1900/7 days a week. Those with acute medical conditions can be treated in the UCC during these hours. Emergencies, conditions that could result in the loss of life, limb, or sight, should always be addressed by calling 911.

As a reminder of our upcoming service changes, throughout the base you will see the familiar blue and white H signs replaced with signs resembling one to the right.



Sun, Summer, and Skin Cancer

The sun plays a major role in the three most common types of skin cancer, Basal cell carcinoma (BCC), Squamous cell carcinoma (SCC), and melanoma. BCC is the most common form of skin cancer. It is estimated that over one million new cases of BCC will occur in the United States this year. SCC is the second most common sun related cutaneous malignancy. These tumors usually appear as persistent scaly or tender red bumps on sun exposed skin and can be quite extensive and invasive at the time of diagnosis. Melanoma is the most serious form of sun related skin cancer. A melanoma is characterized by a brown or black spot on the skin that changes in size, shape or color over weeks to months. Our lifetime risk of developing melanoma has increased from 1 in 150 persons to 1 in 71 persons over the past 20 years. Significant risk factors include sun exposure, blistering sunburns, and outdoor summer jobs as a youth.

Since the sun plays a major role in the development of skin cancer, the majority of skin cancer is preventable. Sun screens and sunblock play a vital role in keeping our skin safe from the harmful wavelengths of light emitted by the sun.

Today, many sunscreens and sunblocks offer excellent Ultraviolet-B (UVB) and Ultraviolet-A (UVA) protection. Sunscreens labeled "broad spectrum UVA protection" with a Sun Protection Factor (SPF) of 30 or greater are recommended for daily use. Sunblocks, most of which contain small metal particles, reflect the sunlight and offer the broadest and most complete protection from the sun.

Here are some recommendations to keep you safe and healthy while out in the sun:

- Wear a broad brimmed hat
- Use a broad-spectrum UVA sunscreen or sunblock with an SPF of at least 30
- Reapply sunscreen or sunblock frequently, even if it claims to be waterproof
- Avoid the mid day sun
- Wear sunscreen beneath light cotton clothing

Public awareness of the risks related to sun exposure has increased dramatically over the past several years and this awareness will hopefully have an impact on the incidence of skin cancer in our country. More than 80% of our lifetime sun exposure occurs before the age of 18! If we use sunscreen and wear a hat, our children are more likely to do the same.

July Health Resources

UV Safety Month
<http://www.aao.org>
 Hemochromatosis Awareness Month
www.irondisorders.org

Gardasil walk-in hours

The Gardasil HPV vaccine is available at the Women's Health Clinic for all eligible female beneficiaries between the ages of 9 and 26 years old. The vaccine is given daily from 0800-1100 and 1330-1530 on a walk-in basis.

Dear Benefits Betty,

I routinely get all my care at the Naval Hospital but was recently referred to a civilian doctor's office. When I checked in for my appointment the receptionist requested my ID card and my TRICARE Prime enrollment card. I felt very uncomfortable seeing her make a copy of my cards, particularly the ID card. Is it legal to make a copy of the military identification card?

Signed,

Cautious Connie

BB: Dear Cautious Connie

With identity theft on the rise, it is understandable for you to feel a little uncomfortable with identification card copying. But, rest assured - it is not against the rules. Title 18 United States Code, section 701, states photocopying or possession of a card is only illegal if used in an unauthorized manner and/or to obtain unauthorized benefits. The TRICARE contractor encourages providers to photocopy your enrollment card, as well as the front and back of your military or family member

identification card to help establish eligibility for medical care, authorizing care, and facilitating claims payment.

Signed,

Benefits Betty

July Health Education Dates

Cholesterol/Nutrition 18, 25
 Leaner Living Weight Management 22, 29
 Diabetes Self-Management 5, 12, 19, 26
 Weight Management Nutrition 10, 24
 Class times and locations vary; please call (252) 466-0921 to sign up.

July Word Search

S N K O Q Q B O G I V N S D M
 R I O S A S A B J V O G P H E
 P Q S R Q V J J R I D H D S L
 D E C O I K Q E T X B T S N A
 T F G V T G G C J L Y V Y E N
 E A X M R A E N O S E I A I O
 L C G D G T M O M J L R R O M
 O I I D O Y D O W I O R U G A
 I U H R M W I R R O C H C P O
 V P P K R D M K Q H R Q A N E
 A Y U M Q H S U N S C R E E N
 R E V I L S O L Z C R O O U O
 T B J S S V U S T C H O M B Q
 L A Z K Z T L D I U X Q U E M
 U B Q N Y T Q O Y S Q N T F H

Blood	Cirrhosis
Hemochromatosis	Iron
Liver	Melanoma
Protection	Rays
Sunscreen	Ultraviolet

Hospital Vitals

Appointment Line (252) 466.0921
 AD Appointments..... (252) 466.0355/56
 Information Line (252) 466.0266
 Nurse Advice Line..... 1 (866) 450.3230
 Customer Service Line (252) 466.0367
 Family Care Clinic M-F 0730-1630
 Pediatric Clinic..... M-F 0730-1630
 Evening Clinic..... M-F 1630-1800
 Pharmacy..... M-F 0800-1700
 Pharmacy Refill Pick Ups 0800-2000
 Administrative Offices M-F 0730-1630
 Emergency Room 24hrs / 7 days
 Laboratory Hours..... M-F 0730-1615

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